

February 2009



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http://macdonald.lbpsb.qc.ca

Editor: Christine Clarke

MED LING

Home & School

Our kids are worth it!

The Macdonald Home & School Association would like to take this opportunity to say **farewell**, and to give our best wishes, to **Mr. Aitken** on his new appointment. We really wish him every success. Of course, we'd also like to extend a very warm **welcome** to our new Principal, **Mrs. Bindner**. We hope you enjoy your years at Mac!

Our **cookie dough fundraiser** was a delicious success! Don't forget to **pick up your orders** during the Parent-Teacher interviews on **February 5**, from 7:00-9:00 pm.

The cookie dough funds will allow us to continue to provide **Book Awards for Grades 7-10,** and to celebrate our great Mac staff during **Teacher-Staff Appreciation Week**. Our dedicated Home & School members are working hard to make all our activities successful. Thank you for your support.

Home & School meetings are held the first Monday of each month, at 7:00 pm in the Library. Everyone is welcome to join us, and find out more about Home & School. These meetings allow us to learn what's coming up on the school calendar, and to keep up-to-date on issues that involve our

children. Our meetings are most of all a forum to hear our members' ideas on where we should be spending our energy and funds to best ensure our students' success.

Please, join us!

Casey Stilwell
President, Mac H&S
cdstilwell@videotron.ca

MACDONALD HOME & SCHOOL THANKS YOU FOR PARTICIPATING IN OUR 2ND FUNDRAISER!

DELIVERY AND PICK UP WILL BE THURSDAY, FEBRUARY 5TH FROM 4:30PM TO 9:00PM

Note: Term II Parent/Teacher interviews are from 7:00pm - 9:00pm

EXTRA TUBS OF VARIOUS FLAVOURS OF 'COOKIE DOUGH' WILL ALSO BE AVAILABLE TO PURCHASE AT TIME OF PICK UP.

(\$12 & \$14 PER 3 LB TUB)

Message from the Principal

Dear Mac Community,

For most of us, when change occurs, there is often a period of adjustment. I would certainly say this would be true with the departure of Mr. Aitken. As the new principal of Macdonald High, I understand that the change in administration will call for a period of adjustment, a time during which you and I will get acquainted.

As I write this, I am in my second week as principal of Macdonald High, and I would like to share some of my first impressions with you.

In the corridors and classes, I have had the pleasure to meet polite, energetic students who are involved in the dynamic student life at Mac and who genuinely enjoy being at school.

This attitude is certainly a reflection of the dedicated staff at Macdonald High School who contributes untold hours on an incredible variety of extra curricular activities. The staff is coaching, organizing trips, running dancing and music events, giving extra help or organizing community work to name a few.

The parents, volunteers, and members of the Governing Board, PPO, and Home and School have made me feel welcome and continue to impress me on a daily basis. I look forward to getting to know more of the parent community and invite parents to drop in and meet me on an informal basis.

Our office staff and vice-principals have been very helpful in trying to make this transition as seamless as possible. Our goal in the coming months is to work together to create a strong team.

And so, with change comes a period of adjustment, and of course this will take some time. I look forward to the challenge.

In closing, I would like to congratulate Mr. Aitken and the Macdonald community for creating a school to be truly proud of; I am honoured to be part of this community.

Respectfully,

M.A. Bindner Principal

Parents: We need your e-mail address!

Mac High is moving toward paperless communication with parents. Please send your e-mail address to Mr. Collins at *macppo@gmail.com*. Be sure to include the following information; <u>your name</u>, <u>your child's name</u> and <u>grade</u>.

"Ensemble on travaille vers le même but....VOUS !!"



Stevia Panageas (514)-248-7101

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Parent Participation Organization

We have been fortunate to welcome some new members to the PPO and **we are always looking for new faces to join** this dynamic and rewarding organization.

We will be hosting our 6th free Family Matters Workshop on February 18th in the Macdonald High School Library at 7:00 pm, on the subject of <u>Drug Awareness</u>. Everyone is welcome, including students and parents. We are very fortunate to have Officer J.P. Levy and a few other very interesting and informative speakers (including personal testimonials) to present and educate us on this important issue at this workshop. This may seem to be an ugly topic to address, but it is a vital one for our teens and parents. Here are a few subjects that will be covered in this workshop:

- Know what is readily available to your teen and how to read the signs.
- · Communication with our teens is crucial.
- Did you know there is a current trend in cough syrup abuse?
- Learn to identify the motivators for drug use and increase your awareness of the dangerous risks involved in using both illicit and prescription drugs.
- Learn what happens when the police become involved.
- Learn how to support your teen. Parents can influence their children in a real positive and powerful way through effective communication.
- ... and much, much more!

Be sure to attend this workshop – our children are worth it!! Spread the word to others in your community – everyone is welcome!

On an additional note, another effective way to receive information on what is happening at your teen's school is by **e-mail**, especially in today's busy life style. You are invited to **add your email address to Macdonald High School** by sending it to macppo@gmail.com. This will assist you in receiving the latest news, without having it "lost in the bottom of a school bag or locker".

Thank you to Debbie Snyder for keeping the parents informed on the grads' recent **Florida Trip** on the Macdonald High School's website! Much appreciated!

Remember, the **PPO door is always open** (no experience necessary!) Our meeting schedule is as follows (7:00 pm in the Macdonald High School Library):

- February 10
- March 10
- April 14
- May 12
- June 9

Hope to see you all at the workshop!

Debbie Boutin

Mac Link: Florida Trip 2009

The **Grad Florida Trip 2009** was a great success. The sun was shining and we couldn't have asked for more perfect temperatures. The 48 students had a chance to experience **Disney World's Magic Kingdom** for New Year's. With their parade of lights and spectacular fireworks the night was truly magical.

The **beach day** was great. The weather was perfect and **volleyball** was played. Many experienced for the first time what it felt like to put their toes, and for some their whole bodies, in ocean water.

Like every year, the shopping extravaganza at **Prime Outlets** and **Florida Mall** gave the students an opportunity to shop at stores that are only offered in the States at amazing prices. Many took advantage of this shopping, by evidence of how full the bus was.



Our last day in Florida was spent at the adrenaline filled **Universal Theme Park**. All students chose to spend the day at **Islands of Adventure**, and even with the cooler weather, it didn't stop most from getting soaked on "Popeye and Bluto's Bilge Rat Barges" ride.

Minus the seagull attacks on Ms. Hamilton, there were no mishaps throughout the week. Many memories were made on such a beautiful vacation.

A **big thanks** goes out to all the **chaperones**, who gave up their time to make this trip a reality. Also, **many thanks go out to Debbie Snyder** for keeping everyone posted and their anxiety down with her postings on the Internet. With everyone's help this trip was amazing.

Thank you again for making my first Grad Florida trip a huge success.

Ms. K. Hamilton

Dear Mac Community,

Please join your Home & School Association in thanking all of our advertisers for their enthusiastic support.

Take the time to read each ad and remember to give them your support in return!

Together we make the Mac Link possible!

If <u>you</u> are interested in a classified or an ad, contact me at <u>cmclarke03@yahoo.ca</u>.

Christine Clarke, Editor

Oh, if it be to choose and call thee mine, love, thou art every day my Valentine!

Thomas Hood

Happy Valentine's Day February 14th!

108, BOUL. Cardinal Leger, Pincourt LUNDI À SAMEDI 11H - 12 (MINUIT) MONDAY TO SATURDAY 11AM -12 (MIDNIGHT) DIM. 11H - 23H/SUN. 11AM -11PM minimum \$8.00 LICENCE COMPLÉTE - AIR CLIMATISÉ

Physical Education Department

The Physical Education Department has had an excellent first half of the year. We would like to welcome to the staff Ms. K. Hamilton and Mr. C. Martin-Chang. Both are coming from other schools within Quebec and bring new experiences that can only enhance our program. Terms One and Two came and went quite quickly. Team sports were covered such as, football and handball, as well as individual sports like badminton.



We were fortunate to have the addition of a **kickboxing class** offered to our Sec. 4 and 5 students as another fitness

option. The class was very popular and successful, and will hopefully be a permanent addition to the Phys. Ed.

Program.

With the second half of the year here we will be taking on another popular sport, volleyball. As always, we encourage our students to come to class prepared and with an open mind and a willingness to learn about fitness.

To much success in the upcoming year!

The Physical Education Department

"Fit for Life"

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

John Fitzgerald Kennedy (1917 – 1963) 35th US President

NOTES ()) FROM THE MUSIC DEPARTMENT

Greetings!

This is shaping up to be a very busy and successful year for Music at Mac! The Senior Band (Sec. 4 and 5 students) have already let their musical talents be heard at quite a few occasions, such as the October Convocation ceremony, the joint Mac/John-Abbott/McGill Remembrance Day ceremony, as well as an outstanding performance during our Open House! Next on the list will be our elementary school 'tour' at the end of January, a performance for this year's Honor Roll Breakfast on the morning of February 5th and of course the Official Music Concert that has finally been scheduled for... (drum roll, please...) Tuesday May 5th at 7:30 pm!

Besides getting ready for the Concert, every Music student at Mac will be learning about composition this coming term, and actually be writing their own music. This activity will mainly be done during class time, but don't be surprised if your son or daughter brings it home to spend some time making it even better. This is the kind of assignment students tend to really take ownership of.

I'd like to end this little report by **thanking <u>you</u>**. The support I have been given since I took over last year has been overwhelming and heart warming... Thank you for trusting your child's Music education with me.

Let's keep on 'swinging',

Stephane Crete.





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In February we will begin an 8-hour course (2 hours/week) on Home Recording using "Steinberg Cubase Le 4".



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COMMUNITY OFFICE

Happy New Year! I can't help but be happy at this time of year; we've had a wonderful start to the school year, survived the Christmas rush and now are into the New Year with a number of projects completed but many more to come! Here's an update as of January '09! (**Can't believe it's 2009**already!!)



Approximately fifty grad rings were delivered just before Christmas generating quite a substantial amount of money that is used for scholarships. Graduor is the company we deal with and a huge **Thank** You goes out to Mr. Robert, the company rep., for reliable and very convenient service. In early November, Kids Help Phone received \$189 from Mac students in a "spare change" drive (coordinators **Alexandria Ballesteros and Nicolas Dunn...great job!**). A very ambitious Grade 7 student, **Samantha Carson**, organized a bake sale (yummy cookies!) with a group of equally ambitious Grade 7 young ladies, managing to raise \$200 for Rosie's Pet **Adoption!** At the end of November, home rooms filled 143 Christmas shoe boxes

being sent to developing nations for holiday celebrations. Congrats to Ms. Guy and Ms. Brown's home room 136 for filling more than 50 boxes!! Macdonald High was extremely well represented in the Ste. Anne's Santa Claus Parade; hot chocolate, Christmas songs and lots of fun was the order of the day! A special Thank you to Grade 11 students who donned interesting character costumes for the parade. You are good sports and truly a group of students to be admired! In early December a dedicated group of students visited JFK School serving all sorts of goodies, topped off with a visit from our very own Santa Claus (Ho! Ho! Ho! Mathew Orlando!!). Mac's Christmas Baskets went out the last week of school...24 baskets filled with turkeys, the makings for a holiday meal and heart warming extras to help ease the strain of the holidays for many families. A huge Thank You to teachers, parents and of course the students who coordinated the baskets...not always an easy job!

As mentioned in our last *Mac Link*, **Mac's Cover Girls** have been in every week since the beginning of the school year, two or three times a week...we must continue to say **Thank You**...we are so grateful for the time you devote to Mac High! Also, a **Thank You to our Health Office Volunteers**; please know, days are much easier when you are with us. We do have a couple of open spots, if you would like to give a couple of hours once every 2 weeks, please call me.



Our Tutoring Program is booming! We have over 100 students being tutored, a late bus on Tuesday



and Thursday and still some available tutors.

Please don't hesitate to contact me if you are interested in some help for your child.

An hour or two with a tutor often means less stress for the student, not to mention the parent.

Whew! Whenever the *Mac Link* is due I think, what will I write? As you can see, there's much to write, so many things to tell you about! Our, or I should say, **your kids are great!** They are constantly coming up with interesting events to better their school, their community and all of our lives! And, as mentioned in the earlier part of this message...there's **more to come in 2009!**

Sue Tuff

P.S. Keep your eyes and ears open for news on our **Multi-Cultural Food Court** being held on Thursday, May 7, 6:30 the doors open!



<u>Health Week</u> will take place from February 16 – 20.

The week includes information booths, lunchtime activities, nutritional facts, and much more!

Jaime Guy



Serge St-Denis, B.sc.Phm. Pharmacien - propriétaire / Pharmacist - owner

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SCIENCE DEPT.

by

Ellen Gauthier



Welcome back to the wonderful world of science. If you weren't aware, **2009 is the Year of Science!** Check out www.yearofscience2009.org
for each month's themes and features.

Back at Mac, the Sec. I's are getting their living world together. The Sec. II's are looking at how water evaporates at different temperatures. The Sec. III's have looked at the pressure of breathing and are now seeing who has a heart and finding the ins and outs of the circulatory system and their muscular system. In Term 3 they will be introduced to architectural drafting. Our Sec. IV's have learned to have a magnetic personality while roaming their domains with their compasses in hand. Now they are finding out about charges in electricity, and will learn how to pay their Hydro bills. The **Advanced Bio** group has been working on fundraising for the **New Brunswick** trip and soon will begin preparations for their elementary school teaching lessons.

Our Sec. V's are watching their pendulums go back and forth as they gain momentum in Physics. After studying their gases, Chemistry will be working on the ups and downs of their energy roller coasters. They will also be able to determine whether hell is endo- or exothermic, energetically speaking of course!

We would like to take this opportunity to **thank** all of our judges in making our Science Fair for the Sec III, Sec IV and Sec V students a huge success! Sec I and Sec II Science Fair projects will be judged on February 5th.

The following is the list of winners for Sec III, Sec IV and Sec V:

Science Fair Winners 2008/2009

Secondary V

1st Place:

Effect of Elements and Compounds on Bioremediation by: Kyla Gilbert

2nd Place:

Nitrogen Fertilization on Root Nodulation by: Olivia Hollenbeck, Janet Whalen and Corey Hobé

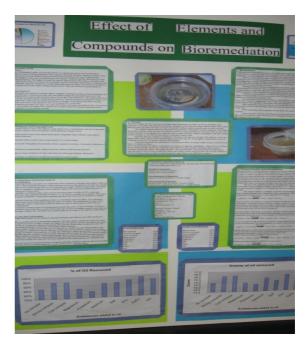
3rd Place:

Forces of the World by: Luc Charette and Jeremy Burkinshaw

Ballistics Jell-o-tine by: Craig Acrobati, Veronique Fontaine and Samantha Maclean

Honourable Mention:

The Fling by: Megan Heath



Secondary IV



1st Place:

Pykrete by: Andrew Fogarty

2nd Place:

Color Mixing with LED's by: Jesse Eaton,

Brain Steszyn and Patrick Hobson

3rd Place:

"Green" Glue by: Joshua Miszczak

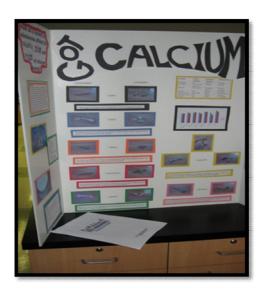
Honourable Mention:

Breaking and Making Paper by: Nik Ottinger and

Terence Wilson

Got Calcium? by: Nathalie Parmentier and

Tamara Wallace



Secondary III



1st Place:

Red Wine and Bacteria and Cavities, Oh My!

by: Jasraj Kaur and Alexandra Nudo *Measuring Cellular Proliferation*

by: Corey Davidson

2nd Place:

What Factors Cause Eye Color by: Oliver Rind

and Bobbie Gaucher

3rd Place:

Energy in a Can by: Kelly Donais, Sabrina Lazier

and Jessica Burns

Old vs Young! Who can Hear the Highest Frequency by: Amanda Fincken, Tyler Dopson

and Laura Jenkins

Honourable Mention:

Hydrogen Balloons by: Alain Galarneau



Drop by! 1st Monday of month - 7PM - Library

Drop by! 1st Monday of month - 7PM - Library

HOME & SCHOOL MEMBERSHIP REGISTRATION FORM 2008-2009

Name:		
Name of Child:		
Grade & Homeroom:		
Address:		
E-mail Address:		
New	Renewal	Associate

INFORMATION ABOUT YOUR HOME & SCHOOL MEMBERSHIP

As part of your Membership in the Mac High Home & School Association you:

- Become a member of the QFHSA (Quebec Federation of Home and School Associations)
- Have the right to vote on all Mac Home & School Motions
- Are invited to attend the monthly Mac Home & School Meetings
- May become involved in planning and executing special events with other Home & School Members
- Help support the Mac Breakfast Program

The annual membership fee is \$20.00 per family or \$4.00 for an Associate Membership. \$16.00 of this membership fee will be sent to the QFHSA and \$3.00 will remain with your local H & S. \$1.00 per membership will be used to purchase breakfast coupons for those students who need a healthy start to their day. When you become a member of Mac H & S you will receive quarterly issues of the QFHSA News, sent directly to your home. The QFHSA fee also includes a General Liability insurance coverage for Home & School activities. To join, please fill in the above form, and send it to the school office attention of Mac Home & School. Please make your cheque payable to Macdonald High Home & School Thanks!

Please feel free to contact me with any questions you may have! Julie Lafontaine (514)425-6437 julie.gerry@videotron.ca

Great People at Mac!













DANCE DEPARTMENT

All our dancers attended The Nutcracker ballet in December at a downtown theatre along with enthusiastic parents and staff as chaperons. It was an exciting production and our students enjoyed it tremendously! Of course our Macdonald High School students were extremely well behaved. Our male dance students were inspired to attempt lifting the girls and so in

each grade the boys are now doing small lifts which they really enjoy! Look for some of those lifts in the Dance Show in May.



Macdonald High School's dance team is hard at work every Monday & Wednesday after school from 4-6:30pm. We are working on three new pieces.....a fast lyrical number, a jazzy sassy number, and an old school hip hop choreography created by an outside dance group,,,, 2marvelous!!

Our dance team performed at the Hilton before Christmas at a fund raising event for under privileged children. We chose to do our signature piece "Raise it up" from the sound track of the movie August Rush.

Look for our dancers when we perform in this year's Mac High Talent Show! We will also be auditioning for TOPS, the board wide Talent show at the end of the month! We'll keep you posted.

Yours in Dance,

Sonia Huggins

Quote for Black History Month:

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

Here's to a Healthy and Prosperous 2009!



Service, Dedication and Integrity! Nothing Less should be Expected!



Ingrid Brauer
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Whether you are looking to Buy or Sell and would like an Evaluation of your property, I would be happy to help you with any of Real Estate needs!



Old Brewery Mission

Once a month, for three hours at the end of the school day, 10 students along with Ms.Garner (Planning Room Tech.) and Mrs. Higgins (Cycle 1 V-P), and sometimes a volunteer parent, leave Macdonald High School to go to the **Old Brewery Mission** located in Montreal.

"The Old Brewery Mission was founded in 1889 and provides homeless Montreal adults with meals, overnight shelter, transitional residences, clothing, and services in an atmosphere of caring and respect. They gain greater stability and autonomy, and build more mainstream lives." (OBM - Mission Statement).



Upon arrival at the Old Brewery Mission, we, and the other volunteers set the tables, serve the meals, serve coffee, clear tables, and repeat as many times as is necessary, for as many as 300-400 homeless men and women. Also, before or after the meal, a worker from the Mission takes

us all on a tour. This gives the students a chance to see the facility, ask questions, and **learn more about the people who are homeless in Montreal.**



I do not believe one can settle how much we ought to give. I am afraid the only safe rule is to give more than we can spare.

C. S. Lewis (1898-1963) Irish author and scholar.



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GRAD NEWS



Our November event was **Pizza** and **Bowling** on the 14th. We headed out to the Pizza Hut and then made our way to the **Bowl-O-Drome** for a night of fun!

For December, we had our annual **SnowFlake Ball**. This year we decided to host the event in our smaller
Gym. It could not have turned out better! It was a beautiful display of snowflakes hanging from the ceiling mirrored with beautifully dressed grads. It truly was a smaller sized prom... The students had a great time, catching up with each other and dancing the night away!

Being aware of the sad departure of our **Principal Mr. Aitken**, the grads decided to say their own personal farewell by gathering themselves in the Gym and surprising Mr. Aitken! They got him good... They had 2 keynote speakers who wrote a **beautiful farewell speech** on behalf of all grads. They also had a short video made by the students in his honor. And lastly, they showered him with gifts such as a **basketball signed by all the grads and the Mac Clan Tie...**



Leadership

The Leadership students have been busy...

Since our last posting, the students have put on many events...

The Leadership students put on our annual **PEP RALLY** that was a complete success! The entire school was gathered in Gym 1 and the students had tons of activities for the whole school to participate in!

Starting with a **school Dance "Mac's back to the 80's with a 21st century Twist"** that was
a huge success! It was also hosted in our smaller
gym and worked out great! The acoustics and
size of the Gym really helped create a fun
atmosphere for everyone!

Some of the **Grade 9** students had the privilege of being chosen to go to the **leadership conference "Fit 2 Lead" at PCHS**. This was a wonderful evening filled with workshops to better further their skills in leadership and 2 keynote speakers **(Ian Tyson and Scott Hamel).** The students had a blast, especially with the hypnotist session...

The students also organized **a staff vs juvenile boys volleyball game** at lunch... This was a great turn out by all who attended and it really brought the school together...

They also had a "Crazy Color" day contest, a "Habs" dress up day and a "Hat Day"... All events had a great response from the school...

For the Holidays the leadership students decided to have a **Holiday Door decorating contest**, which turned out to be quite a competition...The doors were definitely decked out. **Mme Bourdeau's class won a pizza lunch** as the winners... And lastly, we had a **"Take a Picture with Santa"** day at lunch that was a tremendous success!

Rebecca Binet

Students Life Advisor/Grad Advisor





Peace Summit

On Friday, November 28th, students from across the board attended a **Peace Summit** which also doubled as a **Leadership Conference**. Before the conference the students had to prepare emblems of peace that were then ironed onto to t-shirts during the summit. The shirts, **donated by American Apparel**, will be packaged and sent to a school in **Sierra Leone**.

During the day the students went from station to station learning how to work in groups while taking part in different leadership training activities. The elementary students formed the groups while the **high school students led the stations**. During lunch hour we were given a presentation on the different peace initiatives going on around the board, as well as **school programs our military was running** abroad.

The day ended with new friends, fresh knowledge, and many smiles.

Randal Howarth Spiritual Animator







Daniel Vézina Propriétaire

110, boul. Don Quichotte, Île Perrôt (Québec) J7V 6L7 Tél. : (514) 453-3027 / Fax : (514) 453-0818



-The Spark-

MACDONALD HIGH SCHOOL

ISSUE 2, 2008-2009

Twice the work and twice the fun!!!!

Term two is already over, and the robotics team has been very busy. We have finished our courses on basic electronics, tool safety and usage, fabrication techniques, welding and drafting.



Our emphasis now is on participating in the CRC Robotics competition, which is a competition between private and public high schools and colleges in the Montreal area designed to promote an interest in science and technology and how to work professionally.



The competition requires each school to build a robot made to meet a certain standard challenge, create a display/workshop kiosk, and a

video, website and journal each in bilingual format, talking about our school, the robot and the competition. This is a truly cross curricular project and involves all grades and parts of the school in some way. We have had our kickoff night for the competition and have learned what our challenge is. This year we are required to work with other teams to collect tennis balls dropped into our robot, to drive across the play-



ing field, to open garage doors and shoot the tennis balls into the right ones for points. This will require a lot of cooperation with other schools at the competition.

Due to our larger size and increased skills this year, we are entering not one, but TWO teams into the competition. This calls for us to produce two of each aspect of the competition, including two separate robots, kiosks, websites, videos and journals. This is a lot of work,

but is a challenge we are up for

We are working hard for a minimum of 10 hours a week right now to finalize our projects in time for the competi-



tion which takes place on Feb. 19-21. Wish us luck, stay tuned for more updates and feel free to check out our new website at:

www.macrobotics.ca

This project was made possible by a grant from the Pearson Educational Foundation. Thank you for your support!



until next term, The Editors Alexandra Hamel Melissa Gibbs

В О



Stephen Fogarty, Attorney

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Already it is the month of February. Half the school year has gone by and March Break is just around the corner.

I would like to highly encourage all students to continue their effort in their studies, therefore improving their chance of success for a better future as well as congratulate both parents and teachers for their constant involvement in motivating our youth to aspire to high standards of academic achievement and high levels of attainment.



Le mois de février est arrivé. Une moitié d'année scolaire déjà complétée et la semaine de la relâche scolaire arrive à grands pas.

Je désire encourager tous les élèves à poursuivre leurs efforts académiques ce qui leur permettra d'accroître leur chance de réussite et accéder à un plus haut niveau d'instruction de même que souligner l'implication constante des enseignantes, enseignants et parents dans la motivation de notre jeunesse à se bâtir un meilleur avenir.

Yvon Marcoux MNA for Vaudreuil

